

(LCN Connections Issue 14 – April 2015)

## CD REVIEW

### Hemi-Sync® - Sacred Space - The Practice of Inner Stillness

Learn to connect with the sacred space that is the inner refuge in all of us. Revered spiritual teacher Tenzin Wangyal Rinpoche masterfully guides you inward to feel, connect, and become the inner stillness, releasing anxiety, fears, and confusion. In the sacred space there is a presence, an awareness, a sense of knowing. Discover and feel the presence of joy, warmth, and love in that space, which is your inner wealth. Experience it radiating through your body, speech, and mind in the world, transforming places, situations, and people. Allow it to manifest in the world, bringing balance to the workplace, the family, to all people and places. Repeated use of the meditation will deepen your experience with each listening. Length: 42 minutes.

